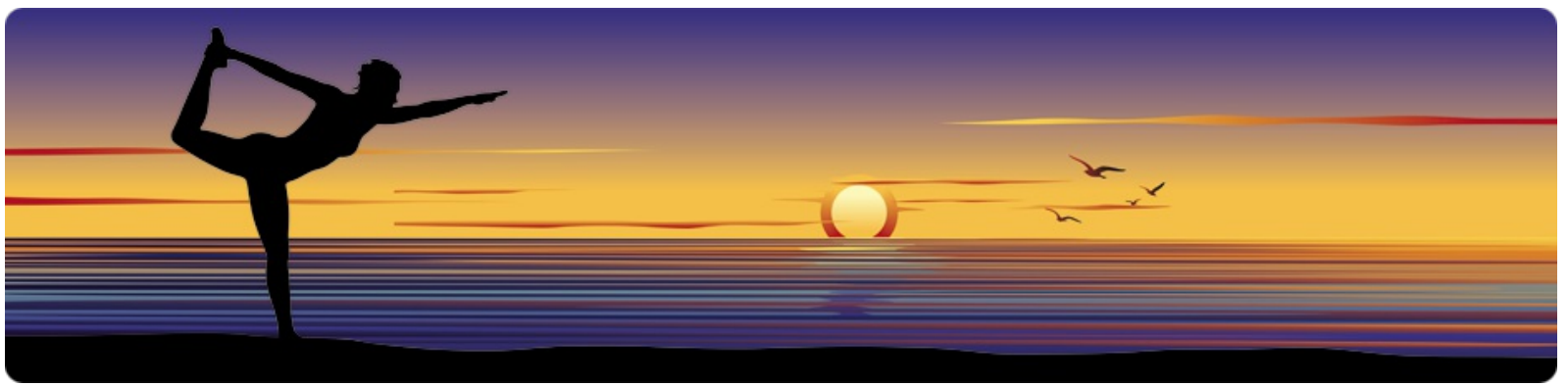


Free Fitness Tips

Fitness Information For Getting Started With Exercises



Do you have a how-to or self-help book within you that you're passionate about writing?

Posted by admin

3 OCT, 2010

I also mentor other aspiring authors who have a powerful “why” to become an author of a book on fitness, relationships, spirituality, personal growth, gardening, dog-training or other self-help and how-to topics.

Does this describe you? have you started writing yet? do you know where to begin?

If you can write a decent sentence and are dedicated and passionate – you can have a finished manuscript in about six months. let me know how I can support you.

URL: MentoringwithDenise.com and click on “Book Mentoring”

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Groups help diagnose health plans in California

Posted by admin

3 OCT, 2010

Committee's 2010-11 HMO rankings								
Excerpt a report from Nonpartisan National Committee for Quality Assurance								
	Kaiser Southern California Overall score: 86.2	Health Net of California 85.3	Blue Shield of California 85.8	PacificCare of California 86.2	Cigna HealthCare of California 76.7	Antelope Blue Cross 79.2	Antelope Health of California 76.2	
Consumer satisfaction	9	9	9	9	9	9	9	
Grading care	9	9	9	9	9	9	9	
Satisfaction with physicians	9	9	9	9	9	9	9	
Satisfaction with health plan services	9	9	9	9	9	9	9	
Preventive	9	9	9	9	9	9	9	
Children and adolescents	9	9	9	9	9	9	9	
Women's reproductive health	9	9	9	9	9	9	9	
Cancer screening	9	9	9	9	9	9	9	
Emergency	9	9	9	9	9	9	9	
Asthma	9	9	9	9	9	9	9	
Diabetes	9	9	9	9	9	9	9	
Heart disease	9	9	9	9	9	9	9	
Mental and behavioral health	9	9	9	9	9	9	9	
Legend: **** California Office of the Patient Advocate HMO ratings								
Excerpt a report by the office								
Members who leave HMO	****	***	***	****	***	***	***	
Treating children	****	***	***	****	***	***	***	
Treating adults	****	***	***	****	***	***	***	
Maternity	****	***	***	****	***	***	***	
Cancer screening	****	***	***	****	***	***	***	
Asthma and lung disease	****	***	***	****	***	***	***	
Diabetes	****	***	***	****	***	***	***	
Heart care	****	***	***	****	***	***	***	
Mental Health	****	***	***	****	***	***	***	
Chlamydia screening	****	***	***	****	***	***	***	
Meeting national standards of care	****	***	***	****	***	***	***	

California Office of the Patient Advocate

Provides report cards on health insurance plans and medical groups, information on which insurance plans offer services in eight languages, tips on how to use your health plan, health care reform news, consumer alerts and more.

National Committee on Quality Assurance

Provides rankings of health insurance plans, health policy news and health publications.

After getting over the sticker shock, the next question is, which one?

For many people with job-based health insurance, fall is open enrollment season — when they may choose between several plans offered by their employer.

Insurers are raising rates by as much as 20 percent this year, prompting employers to switch plans to find better deals. T

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Chris Coburn, development pioneer, guides Cleveland Clinic's technology initiative

Posted by Lauren Squire

3 OCT, 2010



1 Comments

CLEVELAND, Ohio — At 9:30 on a Monday morning, an array of brainpower enabled by caffeine and smart phones sits in the glass-walled office near the Cleveland Clinic campus.

A lean 53-year-old who has hired most of the two dozen people packed into this room sits at the end of a long table, crunching through a cup full of ice.

Chris Coburn — a pioneer in tech-based economic development, rugby lover, fifth-generation Clevelander — directs this meeting and Cleveland Clinic Innovations, an arm of the health-care giant that carries medical inventions to market.

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Construction of \$38.5 million Facility Under Way at Denison University

Posted by Sebastian Pugliese

2 OCT, 2010

GRANVILLE, OH — [Denison University](#), an undergraduate liberal arts college in Granville, OH, has broken ground on the renovation and expansion of its athletics and recreation facilities. The project, budgeted at \$38.5 million, is expected to be completed by spring 2013.

The centerpiece of the project will be a natatorium featuring a new Olympic-sized pool four times the size of the schools current pool, a diving well and seating for up to 1,000 spectators.

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Climb your way to fitness heaven on a 'Jacobs Ladder' machine

Posted by Lauren Squire

30 SEP, 2010

Fitness, like faith, is a never-ending quest. Just as spiritual grace is ultimately impossible to attain, there's always room for physical improvement.

[close](#)

➤ Fundraising flourishes for breast cancer research and treatment

➤ The Biggest Loser: How the Massachusetts' Losers got in the game.

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Or so I mused, as I hoisted myself to sweaty glory on a “Jacobs Ladder” machine, one of the most direct paths to aerobic nirvana I’ve ever encountered.

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Like its Biblical namesake, a mythical ladder into the sky flanked by angels, the fitness version goes on forever. It’s like a treadmill, except in place of a belt, there’s a revolving ladder tilted at a 40-degree angle.

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